Tools: Signs, Symptoms, and First Aid Treatment for Cold-Related Conditions

Signs, Symptoms, and First Aid Treatment for Cold-Related Conditions

Keep workers safe (and warm) by training them on the signs, symptoms, and first aid treatment for cold-related illnesses. You can download and edit this chart to share with your workers.

Condition	Signs & Symptoms	First Aid Treatment
Frostbite	• Bluish or pale, waxy skin • Numbness or Tingling • Stinging • Blisters	• Get into warm room ASAP • DON’T rub affected area • DON’T use heating pad/heat lamp – can cause burns • DON’T break blisters • Loosely cover and protect affected area from contact • Give victim warm, sweetened drinks
Trench foot	• Reddening of skin • Numbness • Leg cramps • Tingling pain • Swelling • Blisters • Bleeding under skin • Foot turns dark purple, blue, or gray	• Remove shoes, boots, wet socks • Dry feet • DON’T let victim walk – this may cause tissue damage to the feet
Chilblains	• Redness • Itching • Blistering • Inflammation • Ulceration	• DON’T scratch • Slowly warm skin • Use corticosteroid creams to relieve itching and swelling • Keep blisters/ulcers clean and covered

Hypothermia	<u>Early Symptoms</u> • Shivering • Fatigue • Loss of coordination • Confusion/Disorientation <u>Late Symptoms</u> • No shivering • Blue skin • Dilated pupils • Slowed pulse & breathing • Loss of consciousness	• Request immediate medical help • Move victim to warm area • Remove wet clothing • Warm center of body—chest, neck, head, groin • Have victim drink warm beverages without alcohol • When body temperature increases, keep victim dry and wrapped in a warm blanket—including the head and neck • Begin CPR if victim has no pulse